THE BENEFITS OF WATER FLUORIDATION

What is water fluoridation and why is it important?

Fluoride is a natural mineral that helps prevent tooth decay. While some water contains fluoride, it's often not enough. Water fluoridation adjusts fluoride levels to effectively reduce cavities and promote oral health.

Hundreds of studies confirm that water fluoridation is safe, effective, and one of the best ways to improve oral health. Recognized by the CDC as one of the Ten Great Public Health Achievements of the 20th Century, it has helped reduce tooth decay for over 60 years.

Health benefits

Tooth decay remains the most common chronic disease among children aged 5–17 years old and affects 9 in 10 adults. **Fluoride strengthens enamel, reverses early decay, and prevents cavities.**

Fluoride saves money on healthcare costs!

Fluoridating water for one person's lifetime costs less than treating a single cavity.

Every $1 spent on fluoridation saves $38 in dental treatment costs.

Access matters

Fluoride has universal benefits. Communities with fluoridated water see 20%–40% less tooth decay compared to non-fluoridated areas.

In 2020, nearly 73% of the U.S. population served by community water systems had access to fluoridated water (about 209 million people).
In Connecticut, over 90% of residents served by public water systems receive optimally fluoridated drinking water.

The CDC tracks national and state progress toward the *Healthy People 2030 Objective* of providing **77.1% of people served by community water systems with access to optimally fluoridated water by the year 2030**.

COHI
Connecticut Oral Health Initiative